

WEEKLY WELLNESS NEWS

FUEL YOUR BRAIN THE PROPER WAY

Your body is only as healthy as what you put into it.



Did You Know?

The human brain has the capability to process information at a speed of more than 260 miles per hour. Properly nourishing the brain is vital in order to keep it functioning and in good health.

Salmon

Salmon contains high amounts of omega-3 fatty acids. These fatty acids are vital in brain health and have been linked to decreasing risks of developing heart disease, depression and arthritis. Mackerel, herring, lake trout and tuna are other omega-3 fatty acid containing fish.

Eggs

Egg yolks are an adequate source for choline and tryptophan. Choline has properties that lower inflammation and aid in memory maintenance and brain cell communication. Tryptophan is converted into serotonin - a hormone that controls sleep and mood.



Blueberries

Blueberries are rich in antioxidants, that stimulate oxygen and blood flow throughout the brain, resulting in better concentration.

Green Vegetables

Leafy greens are rich in vitamin E and K, beta carotene and folate. Vitamin E prevents cellular damage that occurs from free radicals. Vitamin K strengthens memory, beta carotene lessens cognitive decline and antioxidants prevent negative health outcomes caused by toxic free radicals.

Nuts

Almonds aid in memory improvement, pistachio nut oils are responsible for fatty acid preservation and preventing inflammation, and macadamias work to maintain healthy brain functioning. In comparison to other nuts, walnuts provide double the amount of antioxidants and are rich in the omega-3 fatty acid DHA that combats inflammation.



Dark Chocolate

Dark chocolate contains antioxidants, flavonoids and caffeine. Antioxidants protect against oxidative stress, which can lead to cell damage. Flavonoids cause blood to flow better to the brain, resulting in improvements to memory. Caffeine promotes healthy short term brain functioning.



Coffee

Caffeine works by blocking adenosine which is a chemical that causes you to feel tired. Research has revealed that caffeine drinkers tend to perform better on memory tests. Although coffee has benefits, it is important to drink in moderation as too much can cause unwanted side effects.

"A healthy outside starts from the inside." Robert Urich

